



# IWK Sleep Week



Why don't lambs stay up too late?  
Because they don't want to feel *sheepy* in the morning!

**Secret word: Sheepy**

zzzz



Five posters are hung up around the Goldbloom Pavilion. Each poster has a secret word on it. Walk around and find all five secret words. Scan the QR code and enter the word to be put into a draw to win a \$10 Tim Hortons gift card. Every time you enter a new secret word, your name will be added to the draw.





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What's a lamb's favorite bedtime story?  
Goldilocks and the Three Baa-ars!

**Secret word: Storybook**



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Lambs sleep in groups – they feel safer sleeping close to their flock. Just like how you might sleep with a favorite stuffed animal or blanket.



**Secret word: Blanket**

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The idea of counting sheep to fall asleep is said to come from medieval shepherds who would count their flock before bed.



**How many sheep are there?**  
**Secret word: Three**



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Lambs need rest to grow – just like kids! Their bodies use sleep time to get bigger and stronger.

**Secret word: Grow**



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